



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19102, Candies, fudge, peanut butter, prepared-from-recipe

Report Date: June 26, 2017 17:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 16g
Proximates					
Water	g	10.93	--	--	1.75
Energy	kcal	387	--	--	62
Energy	kJ	1620	--	--	259
Protein	g	3.78	--	--	0.60
Total lipid (fat)	g	6.59	--	--	1.05
Ash	g	0.71	--	--	0.11
Carbohydrate, by difference	g	77.75	--	--	12.44
Fiber, total dietary	g	0.7	--	--	0.1
Sugars, total	g	73.36	--	--	11.74
Minerals					
Calcium, Ca	mg	42	--	--	7
Iron, Fe	mg	0.22	--	--	0.04
Magnesium, Mg	mg	20	--	--	3
Phosphorus, P	mg	68	--	--	11
Potassium, K	mg	119	--	--	19
Sodium, Na	mg	118	--	--	19
Zinc, Zn	mg	0.48	--	--	0.08
Copper, Cu	mg	0.056	--	--	0.009
Manganese, Mn	mg	0.164	--	--	0.026
Selenium, Se	µg	2.2	--	--	0.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.022	--	--	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 16g
Riboflavin	mg	0.082	--	--	0.013
Niacin	mg	1.439	--	--	0.230
Pantothenic acid	mg	0.231	--	--	0.037
Vitamin B-6	mg	0.066	--	--	0.011
Folate, total	µg	9	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	1
Folate, DFE	µg	9	--	--	1
Vitamin B-12	µg	0.14	--	--	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	9	--	--	1
Retinol	µg	9	--	--	1
Vitamin A, IU	IU	32	--	--	5
Vitamin E (alpha-tocopherol)	mg	1.01	--	--	0.16
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0
Lipids					
Fatty acids, total saturated	g	1.721	--	--	0.275
4:0	g	0.023	--	--	0.004
6:0	g	0.023	--	--	0.004
8:0	g	0.023	--	--	0.004
10:0	g	0.023	--	--	0.004
12:0	g	0.038	--	--	0.006
13:0	g	0.000	--	--	0.000
14:0	g	0.117	--	--	0.019
15:0	g	0.000	--	--	0.000
16:0	g	0.897	--	--	0.144
17:0	g	0.000	--	--	0.000
18:0	g	0.307	--	--	0.049
20:0	g	0.068	--	--	0.011
22:0	g	0.151	--	--	0.024
24:0	g	0.049	--	--	0.008
Fatty acids, total monounsaturated	g	2.867	--	--	0.459

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 16g
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	2.805	--	--	0.449
20:1	g	0.062	--	--	0.010
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.588	--	--	0.254
18:2 undifferentiated	g	1.556	--	--	0.249
18:3 undifferentiated	g	0.032	--	--	0.005
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	3	--	--	0
Amino Acids					
Other					
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0